

AMEDD BOLC PACKING LIST

ARMY COMBAT UNIFORM (ACU)

<u>GOT IT!</u>	<u>QTY</u> [†]	<u>ITEM</u>	<u>DESCRIPTION / COMMENTS</u>
<input type="checkbox"/>	3 SE	ACU sets	Trousers and Blouse
<input type="checkbox"/>	1 EA	ACU Patrol Cap	
<input type="checkbox"/>	1 EA	Belt, Web (Tan/OD green)	With open-faced black buckle
<input type="checkbox"/>	2 PR	Boots, Combat	Tan
<input type="checkbox"/>	8 EA	Undershirts	Tan
<input type="checkbox"/>	5 PR	Socks	Tan or OD Green
<input type="checkbox"/>	1 EA	Skill Badges (if applicable) ¹	Subdued pin-on or sewn-on
<input type="checkbox"/>	2 EA	Rank Insignia	Velcro or sewn-on (<i>for ACUs</i>)
<input type="checkbox"/>	1 EA	Rank Insignia	Subdued pin-on or sewn-on (<i>for ACU Patrol Cap</i>)
<input type="checkbox"/>	3 EA	Name Tapes	Velcro or sewn-on (<i>one must be Velcro for Patrol Cap</i>)
<input type="checkbox"/>	2 EA	U.S. Army Tapes	Velcro or sewn-on (<i>for ACUs</i>)
<input type="checkbox"/>	2 EA	Reverse US Flag Patch	Full color
<input type="checkbox"/>	2 EA	Unit Patch	MEDCOM or the unit you are going to after BOLC

ACU with Patrol Cap



IMPROVED PHYSICAL FITNESS UNIFORM (IPFU)

<u>GOT IT!</u>	<u>QTY[†]</u>	<u>ITEM</u>	<u>DESCRIPTION / COMMENTS</u>
<input type="checkbox"/>	2 EA	IPFU T-Shirt	Short-Sleeved
<input type="checkbox"/>	2 EA	IPFU T-Shirt	Long-Sleeved
<input type="checkbox"/>	2 EA	IPFU Trunks (shorts)	Ensure they fit properly
<input type="checkbox"/>	1 EA	IPFU Pants	
<input type="checkbox"/>	1 EA	IPFU Jacket	
<input type="checkbox"/>	1 PR	Running Shoes	Must be in good condition
<input type="checkbox"/>	5 PR	Sweat Socks	White; calf/ankle length (<i>must cover the ankle</i>); NO LOGOS
<input type="checkbox"/>	1 EA	Yellow Reflective Belt	Worn around waist when in shorts and T-shirt




ARMY SERVICE UNIFORM (ASU) - MALE

<u>GOT IT!</u>	<u>QTY[†]</u>	<u>ITEM</u>	<u>DESCRIPTION / COMMENTS</u>
<input type="checkbox"/>	1 EA	Beret with Rank Insignia	
<input type="checkbox"/>	1 EA	Coat	
<input type="checkbox"/>	1 EA	Branch Sleeve Braid (<i>unattached</i>)	
<input type="checkbox"/>	1 EA	Trousers with Belt Loops	
<input type="checkbox"/>	1 EA	Pleated Long-Sleeve ASU Shirt	
<input type="checkbox"/>	1 EA	Pleated Short-Sleeve ASU Shirt	
<input type="checkbox"/>	1 EA	Black Bow Tie	
<input type="checkbox"/>	1 EA	Four-in-Hand Tie	
<input type="checkbox"/>	1 EA	Belt with Buckle and Tip	
<input type="checkbox"/>	1 SE	Branch / US Insignia	
<input type="checkbox"/>	1 EA	Rank Insignia	
<input type="checkbox"/>	1 EA	Shoulder Marks	
<input type="checkbox"/>	1 EA	Overseas Bars (<i>as applicable</i>)	
<input type="checkbox"/>	2 EA	ASU Nameplates	
<input type="checkbox"/>	2 PR	Black Socks	



ARMY SERVICE UNIFORM (ASU) - FEMALE

<u>GOT It!</u>	<u>QTY</u> [†]	<u>ITEM</u>	<u>DESCRIPTION / COMMENTS</u>
<input type="checkbox"/>	1 EA	Beret with rank insignia	
<input type="checkbox"/>	1 EA	Coat	
<input type="checkbox"/>	1 EA	Branch Sleeve Braid (<i>unattached</i>)	
<input type="checkbox"/>	1 EA	Slacks with belt loops	
<input type="checkbox"/>	1 EA	Short Skirt	
<input type="checkbox"/>	1 EA	Pleated Long-Sleeve ASU White Shirt	
<input type="checkbox"/>	1 EA	Pleated Short-Sleeve ASU White Shirt	
<input type="checkbox"/>	1 EA	Black Neck Tab	
<input type="checkbox"/>	1 EA	Belt with Buckle and Tip	
<input type="checkbox"/>	1 SE	Branch / US Insignia	
<input type="checkbox"/>	1 EA	Rank Insignia	
<input type="checkbox"/>	1 SE	Shoulder Marks	
<input type="checkbox"/>	1 EA	Overseas Bars (<i>as applicable</i>)	
<input type="checkbox"/>	2 EA	ASU Nameplates	
<input type="checkbox"/>	2 PR	Black Socks	

TA-50 (FIELD GEAR) ISSUED AT BOLC*

<u>GOT It!</u>	<u>QTY</u> [†]	<u>ITEM</u>	<u>DESCRIPTION / COMMENTS</u>
<input type="checkbox"/>	1 EA	Laundry bag	
<input type="checkbox"/>	1 EA	Duffel bag	
<input type="checkbox"/>	1 EA	Army Combat Helmet (ACH)	
<input type="checkbox"/>	1 EA	ACH cover ²	
<input type="checkbox"/>	1 EA	Helmet, Chin Strap	
<input type="checkbox"/>	1 EA	Helmet, Pad Set	
<input type="checkbox"/>	1 EA	MOLLE Vest	
<input type="checkbox"/>	2 EA	Ammo Pouch	
<input type="checkbox"/>	1 EA	Assault Pack	
<input type="checkbox"/>	2 EA	Canteen Pouch	
<input type="checkbox"/>	2 EA	1-QT Canteen	
<input type="checkbox"/>	2 EA	Canteen Cup	
<input type="checkbox"/>	1 EA	Eye-Protection (<i>w/dark lenses</i>)	
<input type="checkbox"/>	1 EA	Sleeping Bag	
<input type="checkbox"/>	1 PR	Overshoes	
<input type="checkbox"/>	1 EA	Wet-Weather parka ^{2,3}	
<input type="checkbox"/>	1 EA	Wet-Weather trousers ^{2,3}	
<input type="checkbox"/>	1 EA	Cold-Weather parka (Gore-Tex) ^{2,4}	
<input type="checkbox"/>	1 EA	Cold-Weather trousers (Gore-Tex) ^{2,4}	

FTX PACKING LIST**

GOT IT!	QTY [†]	ITEM
WORN / CARRIED		
<input type="checkbox"/>	1 EA	Common Access Card (CAC)
<input type="checkbox"/>	1 PR	ACUs
<input type="checkbox"/>	1 EA	Patrol Cap
<input type="checkbox"/>	1 PR	Boots
<input type="checkbox"/>	1 SE	ID Tags
<input type="checkbox"/>	1 EA	MOLLE Vest (<i>with ALL Attachments</i>)
<input type="checkbox"/>	2 EA	FULL Canteens
<input type="checkbox"/>	1 EA	Flashlight
<input type="checkbox"/>	1 EA	Assault Pack
<input type="checkbox"/>	1 EA	Kevlar (<i>carried with ACU Cover & Cat Eyes</i>)
<input type="checkbox"/>	1 PR	Prescription Eyeglasses (IAW AR 670-1)
<input type="checkbox"/>	1 PR	Gloves
<input type="checkbox"/>	1 PR	Protective Eyewear
MOLLE VEST ATTACHMENTS		
<input type="checkbox"/>	2 EA	Ammo Pouch
<input type="checkbox"/>	2 EA	1-QT Canteen (<i>with Canteen Pouch & Cup</i>)
<input type="checkbox"/>	1 EA	Magnetic Compass (<i>Issued by BOLC</i>)
<input type="checkbox"/>	1 EA	Flashlight ⁵
<input type="checkbox"/>	1 EA	NBC Protective Mask (<i>Issued by BOLC</i>)
BOLC MOLLE STANDARD		
1. Vest will be zipped up and clipped <u>at all times</u> 2. Ammo Pouches will be worn in the front 3. 1-QT Canteens will be worn on the Hips 4. Compass will be worn between the right-side ammo pouch and canteen 5. Flashlight will be worn on the right suspender 6. NBC Protective Mask will be worn on the left hip		
PERSONAL HYGIENE ITEMS		
<input type="checkbox"/>	5 DS	Wet Wipes / Baby Wipes
<input type="checkbox"/>	5 DS	Shower Supplies
<input type="checkbox"/>	5 DS	Shaving Kit (<i>Males</i>)
<input type="checkbox"/>	5 DS	Deodorant
<input type="checkbox"/>	1 EA	Toothbrush
<input type="checkbox"/>	5 DS	Toothpaste
<input type="checkbox"/>	1 EA	Dental Floss
<input type="checkbox"/>	2 EA	Towel
<input type="checkbox"/>	5 DS	Soap
<input type="checkbox"/>	5 DS	Feminine Hygiene Items (<i>Females</i>)

GOT IT!	QTY [†]	ITEM
ASSAULT PACK		
<input type="checkbox"/>	1 EA	Waterproof Bag
<input type="checkbox"/>	1 SE	ACUs
<input type="checkbox"/>	2 PR	Socks
<input type="checkbox"/>	2 EA	Tan T-Shirt
<input type="checkbox"/>	2 PR	Undergarments
<input type="checkbox"/>	1 EA	Personal Hygiene Kit
<input type="checkbox"/>	5 DS	Allergy / Personal Meds
<input type="checkbox"/>	2 EA	Pen
<input type="checkbox"/>	2 EA	Pencils
<input type="checkbox"/>	1 EA	Notebook
<input type="checkbox"/>	1 EA	FTX Study Guide
<input type="checkbox"/>	1 EA	Protractor
<input type="checkbox"/>	1 EA	HELOTES Map
DUFFLE BAG WITH LOCK		
<input type="checkbox"/>	1 SE	Sleeping Bag
<input type="checkbox"/>	1 SE	ACUs (<i>with ALL Patches</i>)
<input type="checkbox"/>	1 PR	Boots
<input type="checkbox"/>	3 PR	Undergarments
<input type="checkbox"/>	3 PR	Socks
<input type="checkbox"/>	3 EA	Tan T-Shirts
<input type="checkbox"/>	1 PR	Running Shoes
<input type="checkbox"/>	2 SE	IPFU (<i>Complete</i>) ^{3,4,***}
<input type="checkbox"/>	1 EA	Reflective Belt
<input type="checkbox"/>	1 SE	Overboots
<input type="checkbox"/>	1 EA	Wet / Cold Weather Parka ^{3,4}
<input type="checkbox"/>	1 EA	Wet / Cold Weather Trousers ^{3,4}
CONTRABAND ITEMS		
<input type="checkbox"/>	0 EA	Knives with Blades in Excess of 4"
<input type="checkbox"/>	0 DS	Personal Food and Beverages ⁶
<input type="checkbox"/>	0 DS	Nutritional Supplements ⁷
<input type="checkbox"/>	0 PR	CONTACT LENSES
<input type="checkbox"/>	0 PR	Reflective Lens Sunglasses or Frames
<input type="checkbox"/>	0 PR	Sunglasses w/Lenses other than Black
« « « CONTRABAND NOTICE » » »		
Students found to have contraband in their possession during the Field Training Exercise (FTX) are subject to disciplinary measures and/or UCMJ.		

OPTIONAL GEAR

<u>GOT IT!</u>	<u>QTY</u> [†]	<u>ITEM</u>	<u>DESCRIPTION / COMMENTS</u>
<input type="checkbox"/>	1 EA	Pocket Knife	Blade CANNOT exceed 4"
<input type="checkbox"/>	1 PR	Gloves ⁸	Black, Tan, or OD Green [‡]
<input type="checkbox"/>	1 EA	Camelback (for water) ⁸	Black or ACU pattern with logo removed



[‡] Students cannot wear cotton gloves inserts as gloves, but only ***in conjunction with*** actual gloves

EQUIPMENT LEGEND / NOTES

- ¹ Optional
- ² ACU Pattern
- ³ Summer (*Seasonal*) – April thru September
- ⁴ Winter (*Seasonal*) – October thru March
- ⁵ Military or Civilian with RED or BLUE Lens
- ⁶ Students with special dietary needs must inform their CADRE for exception consideration and/or approval
- ⁷ Daily vitamins are the only supplements that are allowed while attending BOLC
- ⁸ Optional, but Highly Recommended!
- [†] Unit of Issue: PR = Pair | SE = Set | EA = Each | DS = Days of Supply
- ^{*} If you have already received these items at your duty station, you DO NOT need to receive another TA-50 issue at Fort Sam Houston if you bring **ALL** the items with you to BOLC.
- ^{**} These are minimums numbers and items. If you desire to bring more boots or uniforms please do so. You may also wish to add winter IPFUs, even during the summer season, as the temperature will likely drop in the evenings.
- ^{***} Summer Improved Physical Fitness Uniform (IPFU) consists of:
 - 1) Short-Sleeve IPFU Shirt
 - 2) IPFU Trunks (*shorts*)
 - 3) Yellow Reflective Belt
 - 4) Sweat Socks
 - 5) Running Shoes
- Winter Improved Physical Fitness Uniform (IPFU) consists of:
 - 1) Short-Sleeve or Long-Sleeve IPFU Shirt (*as Directed*)
 - 2) IPFU Trunks (*shorts*)
 - 3) IPFU Pants
 - 4) IPFU Jacket
 - 5) Yellow Reflective Belt
 - 6) Sweat Socks
 - 7) Running Shoes

ARMY COMBAT UNIFORM (ACU) SIZE CHART

TROUSERS

X-SMALL	INSEAM (IN)	WAIST (IN)
X-Small X-Short	Up to 26½	Up to 27
X-Small Short	26½ to 29½	Up to 27
X-Small Regular	29½ to 32½	Up to 27
X-Small Long	32½ to 35½	Up to 27
X-Small X-Long	35½ to 38½	Up to 27
X-Small XX-Long	Over 38½	Up to 27

SMALL	INSEAM (IN)	WAIST (IN)
Small X-Short	Up to 26½	27 to 31
Small Short	26½ to 29½	27 to 31
Small Regular	29½ to 32½	27 to 31
Small Long	32½ to 35½	27 to 31
Small X-Long	35½ to 38½	27 to 31
Small XX-Long	Over 38½	27 to 31

MEDIUM	INSEAM (IN)	WAIST (IN)
Medium X-Short	Up to 26½	31 to 35
Medium Short	26½ to 29½	31 to 35
Medium Regular	29½ to 32½	31 to 35
Medium Long	32½ to 35½	31 to 35
Medium X-Long	35½ to 38½	31 to 35
Medium XX-Long	Over 38½	31 to 35

LARGE	INSEAM (IN)	WAIST (IN)
Large X-Short	Up to 26½	35 to 39
Large Short	26½ to 29½	35 to 39
Large Regular	29½ to 32½	35 to 39
Large Long	32½ to 35½	35 to 39
Large X-Long	35½ to 38½	35 to 39
Large XX-Long	Over 38½	35 to 39

X-LARGE	INSEAM (IN)	WAIST (IN)
X-Large X-Short	Up to 26½	39 to 43
X-Large Short	26½ to 29½	39 to 43
X-Large Regular	29½ to 32½	39 to 43
X-Large Long	32½ to 35½	39 to 43
X-Large X-Long	35½ to 38½	39 to 43
X-Large XX-Long	Over 38½	39 to 43

JACKET

X-SMALL	HEIGHT (IN)	CHEST (IN)
X-Small XX-Short	55 to 59	UP to 33
X-Small X-Short	59 to 63	UP to 33
X-Small Short	63 to 67	UP to 33
X-Small Regular	67 to 71	UP to 33
X-Small Long	71 to 75	UP to 33
X-Small X-Long	75 to 79	UP to 33

SMALL	HEIGHT (IN)	CHEST (IN)
Small XX-Short	55 to 59	33 to 37
Small X-Short	59 to 63	33 to 37
Small Short	63 to 67	33 to 37
Small Regular	67 to 71	33 to 37
Small Long	71 to 75	33 to 37
Small X-Long	75 to 79	33 to 37

MEDIUM	HEIGHT (IN)	CHEST (IN)
Medium XX-Short	55 to 59	37 to 41
Medium X-Short	59 to 63	37 to 41
Medium Short	63 to 67	37 to 41
Medium Regular	67 to 71	37 to 41
Medium Long	71 to 75	37 to 41
Medium X-Long	75 to 79	37 to 41
Medium XX-Long	Above 79	37 to 41

LARGE	HEIGHT (IN)	CHEST (IN)
Large XX-Short	55 to 59	41 to 45
Large X-Short	59 to 63	41 to 45
Large Short	63 to 67	41 to 45
Large Regular	67 to 71	41 to 45
Large Long	71 to 75	41 to 45
Large X-Long	75 to 79	41 to 45
Large XX-Long	Above 79	41 to 45

X-LARGE	HEIGHT (IN)	CHEST (IN)
X-Large XX-Short	55 to 59	45 to 49
X-Large X-Short	59 to 63	45 to 49
X-Large Short	63 to 67	45 to 49
X-Large Regular	67 to 71	45 to 49
X-Large Long	71 to 75	45 to 49
X-Large X-Long	75 to 79	45 to 49
X-Large XX-Long	Above 79	45 to 49

XX-LARGE	INSEAM (IN)	WAIST (IN)
XX-Large X-Short	Up to 26½	43 to 47
XX-Large Short	26½ to 29½	43 to 47
XX-Large Regular	29½ to 32½	43 to 47
XX-Large Long	32½ to 35½	43 to 47
XX-Large X-Long	35½ to 38½	43 to 47
XX-Large XX-Long	Over 38½	43 to 47

XX-LARGE	HEIGHT (IN)	CHEST (IN)
XX-Large Regular	67 to 71	49 to 53
XX-Large Long	71 to 75	49 to 53
XX-Large X-Long	75 to 79	49 to 53
XX-Large XX-Long	Above 79	49 to 53

Proper Wear of Beret

- 1) Edge binding one inch above eyebrows and straight across forehead
- 2) Center the flash above the left eye
- 3) Pull excess material between the top and middle of right ear
- 4) Hair should not extend below the front bottom edge of the beret
- 5) Officers wear their rank centered on the flash



Male

Female



How To Shape Your Beret

Military berets are not designed to be worn off the rack. They must first be shaved and shaped to present the sharpest military image.

Directions

- 1) Using a cigarette lighter, burn most of the "fuzzies" off the material.
- 2) Using a disposable razor, shave the beret until you have a very smooth surface.
- 3) Cut the tag off below the beret size lettering. You've done it right if, when you put the beret on, the tag can never show even if it gets flipped over.
- 4) Pull the headband drawstring tight and tie it off in a square not. DO NOT CUT IT YET!
- 5) Take the beret and submerge it in warm water. (*NOT hot!*)
- 6) Once you get it completely wet, put it on your head and pull the stiffener over your left eye. Smooth the material over your head and pull it down towards your right ear. It should just touch your ear or go just below that.
- 7) Once you've got it all set, wear it for a while until it's sort of dry.
- 8) Carefully take it off and set it down to dry. *You may need to shape it a few times to get it right.*
- 9) Once you're happy with it, cut the excess drawstring off and put the flash on it.

Tips

- Many soldier's heads don't fit the "issued" beret. Go to the Military Clothing and Sales Store (MCSS), which is located on most military installations, and try one on there. You may have to buy one commercially, instead.
- Shave the inside as well, unless you like pulling "fuzzies" out of your high and tight.
- If you really need to shrink the material, use hotter water when you soak it.

What You Need

- 1) Disposable Razor
- 2) Hot Water
- 3) Cigarette Lighter

Uniform Resources

U.S. Army's Official Uniform Website: <http://www.army.mil/asu/resources.html>

U.S. Army's G-1 Official Uniform Policy Website: <http://www.army1.army.mil/hr/uniform/default.asp>

